



15-minute Mindful Meals: 250 Delicious, Homemade Meals Using Healthy Foods from Your Own Garden

Caleb Warnock, Lori Henderson

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Want to eat healthy? Limited on time?

Authors Caleb Warnock and Lori Henderson have teamed up to create 15-Minute Mindful Meals that will help you use natural produce to create filling and satisfying meals."

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